The Difficult Horse: Understanding and Solving Riding, Handling and Behavioural Problems

Sarah Fisher, Karen Bush

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Discusses why a horse may develop unwanted behaviors, and offers practical exercises to address them

"Problem" behavior is usually more of a problem for the handler than the horse, who is likely to have established patterns of behavior as a way of helping himself feel safe in situations he finds mentally and/or physically stressful. As well as explaining the reasons for a horse's reactive and sometimes dangerous responses, this book suggests a number of practical exercises that can help to address a wide range of commonly encountered issues. It discusses stress management, horse body language, phobias, and the uses of TTouch and NLP. Even if a reader considers their horse to be problem-free, these exercises will still be invaluable in helping them and their horse to develop a closer, more pleasurable, and successful relationship.

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